

Selah Spiritual Direction Program Pre-residency reading list

After you read each book, answer the following reflection questions:

1. What did you read in the book that resonated with your spiritual heart, with your lived experience of life in the Spirit, or that caused you to stop reading and pray?
2. What theme, concept, or idea did you read about in the book that felt like a growing edge to you, i.e., you wanted to know more about it, explore or ponder it more deeply, discuss it with your spiritual director, or pray more deeply about it?
3. What in the book will impact your ministry of spiritual direction? How so?
4. What, if anything, did you read in the book that was totally foreign to your personal experience of the Spirit, or that seemed to contradict what you believe about God, or have experienced in your life with God?

Required readings*

General

Read

Halstead, J.L. (2021). *Leaning into God's Embrace: A Guidebook for Contemplative Prayer*. Leafwood.

Kelly, Thomas (1941). *Testament of Devotion*. San Francisco: Harper & Row.

Rohr, Richard (1999). *Everything Belongs: The Gift of Contemplative Prayer*. New York: Crossroads.

Centering Prayer

Read one of the following

Bourgeault, Cynthia (2004). *Centering Prayer and Inner Awakening*. Lanham, MD: Cowley.

Keating, Thomas (1986). *Open Mind, Open Heart*. Warwick, NY: Amity House.

Pennington, Basil (1982). *Centering Prayer*. New York: Image (Doubleday).

Disciplines and Methods

Read one of the following

Foster, Richard (1978). *Celebration of Discipline*. San Francisco: Harper & Row.

Jones, Tony (2005). *The Sacred Way: Spiritual practices for everyday life*. Grand Rapids, MI: Zondervan.

Thompson, Marjorie (1995). *Soul Feast*. Louisville, KY: Westminster-John Knox.

Ignatian Spirituality

Read the following

Thibodeaux, M.E. (2001) *Armchair Mystic: Easing Into Contemplative Prayer*. Cincinnati, OH: St. Anthony Messenger.

Scripture

Read one of the following

Hall, Thelma (1988). *Too Deep for Words: Rediscovering Lectio Divina*. New York: Paulist Press.

Peterson, Eugene (2006). *Eat this book: A conversation in the art of spiritual reading*. Grand Rapids, MI: Eerdmans.

Spiritual Direction

Read all

Dougherty, R.M. (1995). *Group Spiritual Direction: Community for Discernment*. Mahwah, NJ: Paulist Press.

Edwards, Tilden (2001). *Spiritual director, spiritual companion: Guide to tending the soul*. New York: Paulist Press.

Guenther, Margaret (1992). *Holy listening: The art of spiritual direction*. Boston, MA: Cowley Publications.

May, Gerald (1992). *Care of mind, care of spirit*. New York: Harper Collins.

*If you have read one of the assigned readings, substitute another on the list.